Abstract of the Disclosure

An exercise machine has a height adjustable front stanchion assembly with a telescoping tube having a quick release locking mechanism and a lower rear stanchion assembly. An inclined monorail is mounted between the stanchion assemblies, and a roller carriage assembly having spool-shaped rollers, is mounted so as to receive the monorail, and roll upon it. Alternately larger roller carriage rollers roll within channels in the monorail. Any of variously tensioned straps is attachable between the roller carriage and either the front stanchion assembly or the rear stanchion assembly to assist or resist the movement of the roller carriage assembly up the inclined monorail. The roller carriage is adapted so that a padded bench assembly and a bicycle seat assembly may be interchangeably rigidly secured to the roller carriage assembly. A rigid bar mounted on the front stanchion retains pull straps grasped by a user to pull the user mounted on the roller carriage up the inclined monorail. Alternately a cable pulley system is attached to the front stanchion and to the roller carriage for pulling the roller carriage. Various handles are attached to the pull straps and pull cables to be grasped by the user in simulating various sports movements while moving the roller carriage. The user may be mounted on the roller carriage or positioned beside the apparatus. The stanchion assemblies are pivotable and may be pivoted parallel to the monorail in a flat configuration and the apparatus transported by rolling on a wheel on one of the stanchions. In the flat configuration, the apparatus may be mounted vertically on a wall bracket and the pulley and cable system

used to lift the roller carriage vertically. A bracket and bar are provided to add variously sized weights to the roller carriage. Foot and head supports may also be added to the roller carriage system. An orthogonal foot platform may be attached to the rear stanchion.